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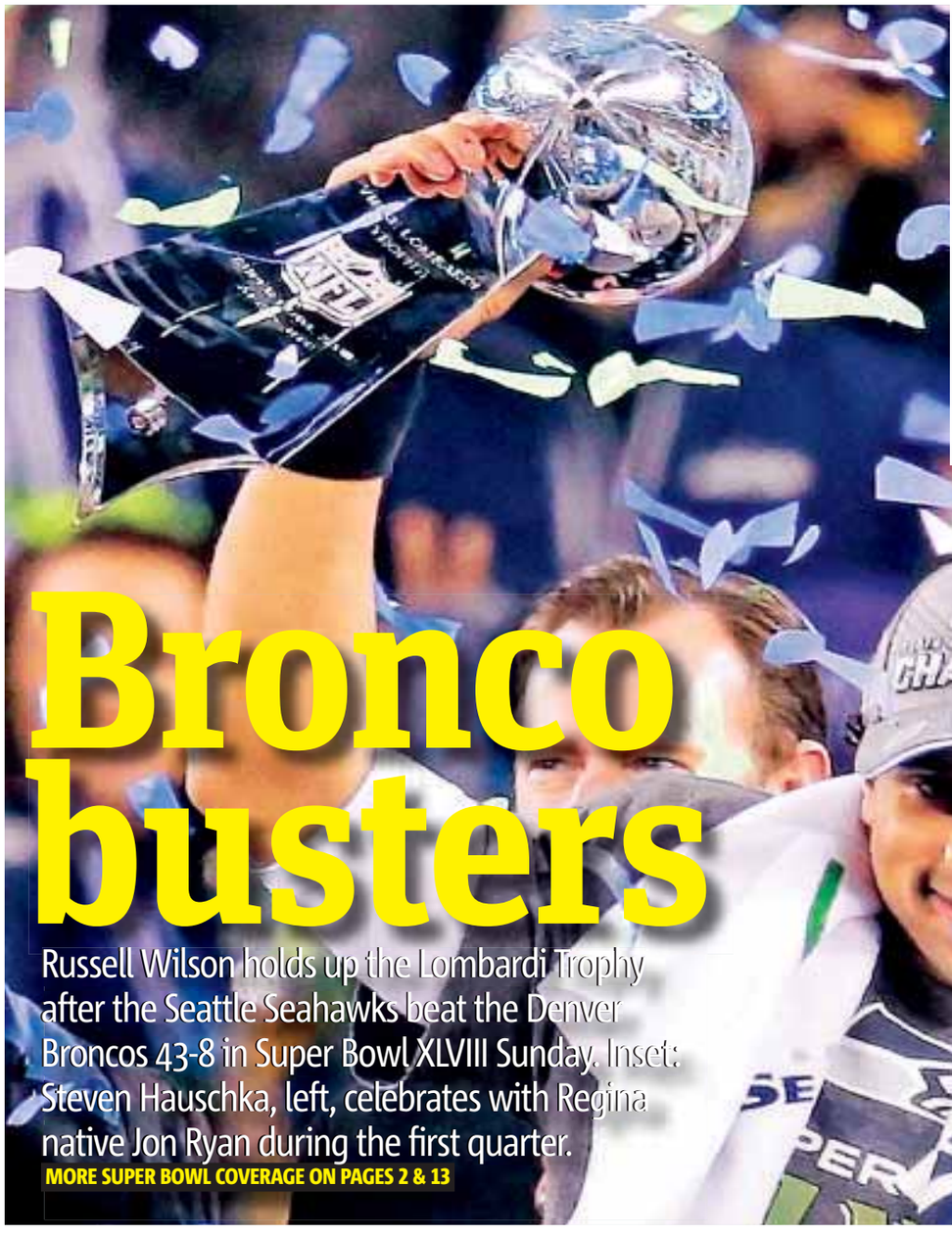
Siblings on the slopes at Sochi

Trio of skiing sisters says their tight bond will help them at Winter Olympics PAGE 14

PHILIP SEYMOUR HOFFMAN DEAD AT 46

OSCAR-WINNER FOUND IN HIS APARTMENT AFTER APPARENT OVERDOSE PAGE 4



Bronco busters

Russell Wilson holds up the Lombardi Trophy after the Seattle Seahawks beat the Denver Broncos 43-8 in Super Bowl XLVIII Sunday. Inset: Steven Hauschka, left, celebrates with Regina native Jon Ryan during the first quarter.

MORE SUPER BOWL COVERAGE ON PAGES 2 & 13

CHRIS O'MEARA/THE ASSOCIATED PRESS; INSET: ELSA/GETTY IMAGES

Football fans out in force for hometown boy

Super Bowl. Seahawks fever grips city with locals throwing their support behind Regina native Jon Ryan

MARCO VIGLIOTTI
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Football fans take in the Super Bowl at Regina's Press Box sports bar on Sunday. MARCO VIGLIOTTI/METRO

They were packing the bars to support the hometown hero as he performed on one of the sports world's biggest stages.

Local football fans were glued to their television screens Sunday night watching Regina native Jon Ryan and his Seattle Seahawks battle the Denver Broncos at Super Bowl XLVIII.

"Jon Ryan is awesome; it's good to see him getting in there," said lifelong Seahawks fan Justin Hehn as he watched the big game at Regina's Press Box sports bar. "You don't see that — a Saskatchewan guy playing in the NFL — too often."

While professional football's biggest game is always a huge attraction across the country, it appears fans in Regina are particularly invested in this year's title game.

Earlier this week, officials raised a flag at Regina City Hall to show support for Ryan, who is the first Saskatchewan native ever to compete in the Super Bowl.

Regina sporting-goods retailers have even reported surging sales of all things Seahawks in the run-up to Sunday's NFL championship game.

The pre-game hype translated into solid game-day attendance at the Press Box, said manager Jen Lesko.

"It's huge hype-up now," Lesko told Metro. "Everyone in here is wearing Seahawks stuff except for one feller I got in a Broncos jersey."

Seahawks fans have consistently flocked to the north Albert Street bar throughout the team's playoff drive, Lesko said, adding she believes even more fans of the team have shown up for the Super Bowl.

"Whenever there's a sporting event on, it gets really, really busy," she said. "We can sit 350 people, so I'm hoping … there's not an empty seat in the house."

Fire razes one home, damages another

A sweeping fire Saturday morning destroyed one home and extensively damaged another in the city's north end. MARCO VIGLIOTTI/METRO

A construction heater's close proximity to combustibles is being held responsible for a sweeping fire Saturday morning that destroyed one home and extensively damaged another in the city's north end.

Regina fire officials say the blaze on Thauberger Road resulted in damage exceeding $250,000 to the house of origin and close to $100,000 to a neighbouring home.

"A house under construction suffered a complete loss," Gerard Kay, the city's deputy fire chief, confirmed on Twitter.

There were no injuries reported from the fire, officials noted.

Kay said the blaze was the result of a 220-volt construction heater being placed too close to combustibles.

Crews at the scene of the fire battled the elements, with temperatures hovering at a frigid -15 C for most of the day, according to figures from Environment Canada.

The location of the homes was a relatively new development in the city's northwest.

It's been a busy start to the year for the city's fire department.

Saturday's blaze follows a devastating fire in early January that destroyed townhouse units in the city's Gladmer Park area.

The cause of that blaze, according to fire officials, was the ignition of combustibles from a stove-top element.

The fire, which started in a home rented by a mother and her five children, quickly spread from the stove to kitchen cupboards — eventually engulfing the rest of the unit and adjoining sections of the two-storey, four-unit building just east of Broad Street.

There were no injuries reported as residents safely evacuated.

Last week, crews attended a fire at another townhouse unit in Gladmer Park, in addition to a blaze at an industrial facility in the city's far north.

No injuries were reported from either incident.

MARCO VIGLIOTTI/METRO

Industry Canada's tweets vetted in 'super-rigid process': Insider

#Bureaucracy. Tweets sanitized through 12-step protocol, retweets planned days in advance

Pity the poor government tweet, nearly strangled in its cradle before limping into the Twitterverse.

Newly disclosed documents from Industry Canada show how teams of bureaucrats often work for weeks to sanitize each lowly tweet, in a medium that's supposed to thrive on spontaneity and informality.

Most 140-character tweets issued by the department are planned weeks in advance; edited by dozens of public servants; reviewed and revised by the minister's staff; and sanitized through a 12-step protocol, the documents indicate.

Insiders and experts say the result is about as far from the spirit of Twitter as you can get, and from a department that's supposed to be on the leading edge of new communications technologies.

The documents, obtained through the Access to Information Act, show such a high level of control that arrangements are made days in advance to have other government agencies retweet forthcoming Industry Canada tweets, because retweets are considered a key measure of success.

In turn, Industry Canada agrees to do the same for tweets from the Business Development Bank of Canada and others.

Quoted

"You're imposing structure on a form of communication that inherently rejects structure."

Anonymous Industry Canada insider, on the department's strict Twitter protocol

Formal policy for the department was set into a protocol last October, with a 12-step process that requires numerous approvals for each tweet from Industry Minister James Moore's office or from the office of Greg Rickford, the junior minister.

Public servants vet draft tweets for hashtags, syntax, policy compliance, retweeting, French translation and other factors. Policy generally precludes tweeting on weekends, and the minister's personal Twitter handle must be kept out of departmental tweets, though his name and title are often included.

The resulting tweets read like stiff public service announcements.

An insider at Industry Canada said the "super-rigid process" is frustrating, and simply doesn't work for Twitter.

"We don't really know what we're supposed to be on Twitter," he said in an interview, on condition of anonymity to protect his job.

THE CANADIAN PRESS

Groundhogs split on whether our weather will get better

Wiarton, Ont., Mayor John Close, right, laughs after listening to groundhog Wiarton Willie's weather prediction on Sunday. Canada's major prognosticating rodents provided a split decision on whether the country is in for an early spring or six more weeks of winter. Ontario's Wiarton Willie emerged from his cozy den Sunday morning and immediately spotted his shadow, which according to groundhog folklore means Canadians can expect six more weeks of what has already been a long, cold, snowy winter. Nova Scotia's Shubenacadie Sam was the first groundhog out, delivering a promising forecast for winter weary Canucks after he did not see his shadow, signalling an early spring. FRANK GUNN/THE CANADIAN PRESS

Middle East tour. PM's trip positive for one third of Canadians, poll

Almost half of Canadians followed Prime Minister Stephen Harper's recent trip to the Middle East, and a third said they had positive views of his inaugural visit to the region, a new poll has found.

The survey, conducted from Jan. 23 to Jan. 27 by Harris/Decima for The Canadian Press, suggests a third of Canadians held a favourable impression of Harper's first foray to the Middle East.

Twenty-six per cent, meantime, said they held an unfavourable view. The majority of those polled, however (42 per cent) said they had no opinion.

The survey also suggested a clear majority of Canadians feel it's important for prime ministers to make international trips like Harper made last month to Israel, the West Bank and Jordan.

Fifty-nine per cent of those polled believe Harper's visit will have a positive impact on Canada's ties with Israel. But respondents were divided evenly on what the trip would mean for Canada's relationship with the Palestinian Authority: 32 per cent expect a positive impact, while 31 per cent anticipated a negative one.

Prime Minister Stephen Harper speaks at Israel's Parliament in Jerusalem, Jan. 20. ARIEL SCHALIT/THE ASSOCIATED PRESS

THE CANADIAN PRESS

PM's next trek

Mexico may not be so welcoming

He felt the love in Israel, but when Prime Minister Stephen Harper arrives in Mexico later this month, he'll be met by an undercurrent of resentment from a continental neighbour that feels spurned by Canada.

That resentment towards Canada runs deeper than their disagreement over a travel visa that the Harper government imposed on travellers from Mexico in 2009.

It extends to lingering dissatisfaction over the lack of progress to move the economic relationship beyond the North American Free Trade Agreement.

THE CANADIAN PRESS

Forbes' 30 under 30

Ex-investment banker makes splash in music biz

A 26-year-old Toronto entrepreneur, who quit his investment banking job to pursue his dreams, has made Forbes magazine's "30 under 30" list for music, alongside industry heavyweights like Drake and Lady Gaga.

Derrick Fung is the mind behind Tunezy, a website that allows fans to pay for unique music experiences, including backstage passes, meet and greets with their favourite artists or private online chats.

THE CANADIAN PRESS

Survey. U.S. abortion rate at lowest level since 1973

The U.S. abortion rate declined to its lowest level since 1973, and the number of abortions fell by 13 per cent between 2008 and 2011, according to the latest national survey of abortion providers conducted by a prominent research institute.

The Guttmacher Institute, which supports legal access to abortion, said in a report being issued Monday that there were about 1.06 million abortions in 2011 — down from about 1.2 million in 2008. Guttmacher's figures are of interest on both sides of the abortion debate because they are more up-to-date and in some ways more comprehensive than abortion statistics compiled by the federal Centers for Disease Control and Prevention.

THE ASSOCIATED PRESS

Woody Allen at the French premiere of Blue Jasmine in Paris last summer. CHRISTOPHE ENA/THE ASSOCIATED PRESS FILE

Allen: Farrow's claims 'untrue and disgraceful'

A representative for Woody Allen says the director calls Dylan Farrow's allegations of child molestation "untrue and disgraceful."

Publicist Leslee Dart said in an email Sunday that Allen has read Farrow's open letter, published online by The New York Times, claiming she was sexually assaulted as a seven-year-old by her then adoptive father. Dart also said Allen will be responding soon.

Farrow claimed that in 1992 at the family's Connecticut home, Allen led her to a "dim, closet-like attic" and "then he sexually assaulted me." Farrow didn't specify Allen's actions, but described other abusive behaviour.

Connecticut prosecutors investigated the allegations in 1993 but did not charge Allen.

THE ASSOCIATED PRESS

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Philip Seymour Hoffman in 2006, after winning an Oscar for his work in Capote. Hoffman was found dead Sunday. KEVORK DJANSEZIAN/THE ASSOCIATED PRESS

Philip Seymour Hoffman dead at 46

Family 'devastated.' Prolific character actor discovered in his apartment after an apparent heroin overdose

Philip Seymour Hoffman, who won an Oscar in 2006 for his portrayal of Truman Capote and created a gallery of other vivid characters, was found dead Sunday in his apartment with what officials said was a needle in his arm. He was 46.

Two law enforcement officials, who spoke on condition of anonymity, said the actor apparently died of a drug overdose. Envelopes containing what was believed to be heroin were found with him, they said.

Hoffman made his career mostly as a character actor, and was one of the most prolific in the business, plying his craft with a naturalism that made him one of the most admired performers of his generation.

The stage-trained actor was nominated for Academy Awards four times, and also received three Tony nominations for his work on Broadway.

Tragic loss

"One of the greatest actors of a generation and a sweet, funny & humble man." Ricky Gervais, on Twitter

Tributes poured in from other Hollywood figures.

Kevin Costner said in an interview, "Philip was a very important actor and really takes his place among the real great actors. It's a shame. Who knows what he would have been able to do? But we're left with the legacy of the work he's done and it all speaks for itself."

"No words for this. He was too great and we're too shattered," said Mike Nichols, who directed Hoffman in Charlie Wilson's War and in Death of a Salesman on Broadway.

Hoffman's family called the news "tragic and sudden." Hoffman is survived by his partner of 15 years, Mimi O'Donnell, and their three children.

"We are devastated by the loss of our beloved Phil and appreciate the outpouring of love and support we have received from everyone," the family said in a statement.

THE ASSOCIATED PRESS

Hedging. Bet on a 70-cent loonie at your own risk

HOW TO ROLL
Alison Griffiths
metronews.ca

The plunging loonie could fall further, say an increasing number of currency watchers. This creates a dilemma for investors. Is it time to hedge or not?

Hedging neutralizes currency fluctuations. It has been very popular with mutual funds and exchange-traded-fund (ETF) providers since the Canadian dollar was a sad-sack 62 cents against the U.S. dollar in 2002.

With our dollar at a historic low, it made sense back then to buy hedged investments because the value of U.S.-dollar investments translated back into Canadian currency would diminish as the loonie rose.

But as the loonie hit $1.10 in 2007, the reverse was true. It made sense to avoid hedged mutual funds and ETFs. No one expected the Canadian dollar to remain that elevated so any decline would make a U.S.-dollar investment worth correspondingly more.

Now things are a bit tricky. The dollar is neither high nor low, but it is approaching an often-stated "fair value" mark of 85 cents against the greenback. Some predictions, notably that of San Francisco hedge-fund manager Vijai Mohan, a long-time Canadian-dollar bear, have it crashing all the way down to 70 cents.

If you believe the loonie bears, then avoid hedged mutual funds and ETFs because U.S.-dollar investments will benefit as our currency sinks.

On the other hand, those who think the loonie will hover or rise, should consider hedged mutual funds or ETFs.

Anyone planning to sell U.S. dollar investments for retirement income or to make a purchase, including withdrawing funds from an RRSP through the Home Buyers' or Lifelong Learning plan, should tread carefully.

A free-falling loonie puts money in your pocket. However, the opposite can also happen. If money is needed in the short term, it's probably better to sell now, rather than betting on a continued downward swing.

The road to MacKay River is paved with dirt

The untreated dusty road at MacKay River in Alberta is shown in this undated handout photo. When Suncor, Canada's largest energy company, realized that its dust-control strategy — i.e., spraying water onto the road from a truck — was an act of futility, it enlisted the help of General Electric to get the problem under control. By using a glue of sorts, consisting of a byproduct of pulp and paper manufacturing, GE's method binds the particles together so that the dirt stays put. SUNCOR/GE/HANDOUT/THE CANADIAN PRESS

Bylls.com

Site lets you pay bills with Bitcoin

People across Canada are now using an online form of currency to participate in the most everyday activities.

The website Bylls.com launched two weeks ago out of the Bitcoin Embassy in Montreal's accelerator program, to allow users with Bitcoin in their digital wallets to pay everything from cellphone to household bills. **METRO IN SASKATOON**

Hacker group

'Nullcrew' takes credit for hacking of Bell customers

Bell Canada says 22,400 of its small business customers have had their account information compromised by hackers.

A hacking group calling itself Nullcrew is claiming credit for the attack, and tweeted a link to the data early Saturday.

THE CANADIAN PRESS

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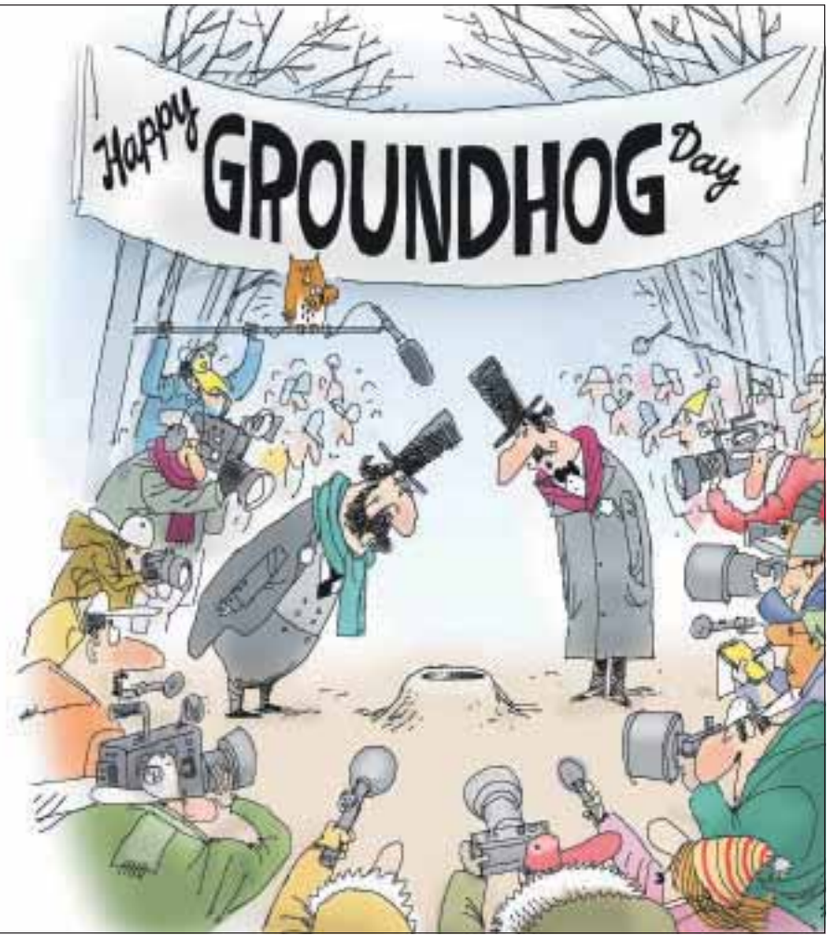
WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending December 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2014 Workopolis.



GOOD LUCK, THANKS FOR ALL THE YARDS

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

For Weston Dressler, the road to the NFL was a little circuitous.

It started in Bismarck, N.D., where he was born, led through the University of North Dakota in Grand Forks, headed north to Regina for six years, and will end up, it's rumoured, in Kansas City, where he worked out in January for Andy Reid's Chiefs.

There are a lot of people in Saskatchewan who wish he would stay right here, and keep catching passes for the jolly green Grey Cup champions. He's already caught 442 of them.

But to any football player, especially any American football player, the NFL is The Show. If you're from the North Dakota Fighting Sioux, it's not impossible, but pretty tough, to get drafted into the NFL right out of school. Especially if you're five-foot-seven, and the average NFL cornerback is six or seven inches taller.

So Dressler went to the CFL, where speed and good hands are just as important as size on the larger field. But even though he found instant success and was voted the CFL's rookie of the year in 2008, he hoped to follow the path of fellow North Dakota alum Jim Kleinsasser, the great All-American, who spent 13 years as a stalwart tight end for the Minnesota Vikings.

So, after he helped win the Grey Cup, the Chiefs came calling, hoping to catch lightning in a bottle. Dressler is built from the same mould as Wes Welker, Danny Amendola and Julian Edelman, all short slot receivers who have a knack of getting open and sure hands, and who have collectively convinced NFL offensive co-ordinators they slip into the seams and spots between coverages where the giant cornerbacks can't get at them.

So, Weston Dressler will have a chance to convince his new, as-yet-unnamed, NFL team that he's the next Wes Welker. He's got the right first name, anyway.

The rest of us will just have to sigh and put it down to the way things are. The CFL is a great experience and the three-down game is ridiculously fun and exciting, but it's a farm team for the lucky few who have the skills to make it in The Show.

Now the Riders will have to figure out how to replace Dressler's 442 catches and 43 touchdowns. Guys like Rob Bagg are waiting in the wings. But it will be tough to find a receiver with Dressler's consistency and resilience: 1,000 yards receiving in five out of six years.

There are those who will expect to see Dressler back in the fall after the NFL cuts, his tail between his legs. Not every NFL dream comes true. But then, no one thought a little guy from a Division II school would become the CFL rookie of the year either.

Good luck, Weston Dressler.

ZOOM

Portrait of the artist as a brain

JEFF J MITCHELL/GETTY IMAGES

A new frame of mind

Artist Angela Palmer has mapped her own brain. Palmer's work, Brain of the Artist, which goes on display to the public for the first time this week at the Scottish National Portrait Gallery in Edinburgh, was created from digital information provided by medical scanners. **METRO**

Artist's viewpoint

"It is an extraordinary experience, staring at your brain floating in a glass chamber before you. Unlike traditional portraiture, an image of one's brain does not depict anything recognizably 'you' and yet it could not be more intensely personal."

"Being scanned felt like a mechanical fortune teller passing over your body," artist Angela Palmer said. GETTY IMAGES

Sculpture exposes 'inner architecture'

"Recreating the brain is perhaps the most objective form of self-portraiture," Palmer describes. "I try to peel back the layers to expose the hidden beauty of our inner architecture. The image floats ethereally in its glass chamber, but can only be viewed from certain angles. From above and from the side the image vanishes and the viewer sees only a void." **METRO**

Clickbait

LUKE SIMCOE
Metro Online

Last week, the beloved famous Internet cat Colonel Meow passed away, leaving us with a fluffy, Himalayan cat-sized hole in our collective hearts. But now that we're done grieving, Metro takes a look at some other Internet-famous felines who can help fill that void.

FACEBOOK.COM

Lil Bub (lilbub.com):
Known for her perma-kitten appearance, Lil Bub is a dwarf cat with a lolling tongue and a big heart. She's spawned a merchandise empire, and boasts an impressive array of social-media followers. She even has her own talk show.

Nala Cat (nalacat.com):
Quite possibly the only cat with more than one million Instagram followers, Nala is a Siamese-tabby mix known for her blue eyes and love of bow ties.

Maru (youtube.com/user/mugumogu):
One of the first cats to garner online fame, Maru is a Scottish fold from Japan whose fascination with boxes has been delighting YouTube users for years.

Twitter

Canadian groundhogs like Wiarton Willie and Shubenacadie Sam are offering conflicting predictions on how much longer Old Man Winter will be sticking around, while world-famous Punxsutawney Phil says it won't be leaving quite yet. How will you be spending the next six weeks?

@KatarinaKaneff: praying that both of those silly groundhogs are smote for their horrible predictions, and that spring comes early.

@LindaMcCallumRE
Hunting Groundhogs

Follow @metropicks and take part in our daily poll. Best answers published right here.

Comments

RE: Be Wary of Groundhog Predictions: Forecasters published online Friday, January 31, 2014

The "forecasters" bad mouth the ground hogs because the hogs have a higher forecast accuracy percentage than they do!!
Stoneaxem, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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E-books

Cinefex

By Don Shay & Jody Duncan

iPad

MIND THE APP
Kris Abel
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A journal of behind-the-scenes movie magic, folks at Cinefex magazine get their hands on the extras you won't find on any DVD and the photos obsessive fans drool over. Going digital has actually lowered its price from $15 to $5 while adding how-they-did-it videos and interactive galleries. The current issue is a fascinating reveal of what kept Sandra Bullock afloat in Gravity.

Box office

Ride Along still cruising on top

Ride Along has topped the box office for the third week in a row with $12.3 million US, according to Sunday's studio estimates. Disney's Frozen, now the fourth highest-grossing domestic animated release ever, is in second place with $9.3 million US. That Awkward Moment, a Focus Features film, has taken third place in its opening weekend with $9 million US. THE ASSOCIATED PRESS

Glamour on the gridiron

Forget the football! Bruno Mars, Chili Peppers and Queen Latifah the real stars of the Super Bowl

Bruno Mars and Anthony Kiedis wow the crowd at the Super Bowl on Sunday. ALL PHOTOS: GETTY IMAGES

Bruno Mars brought millions of fans into the club with a command performance during the Super Bowl halftime show Sunday.

The Grammy Award-winning singer translated his high-energy live show to the largest of stages, carrying off his hits with a smoking hot live band while managing to seamlessly integrate the Red Hot Chili Peppers into the set.

There was some concern Mars might not be able to hold up to the pressure of the assignment, but the 28-year-old wiped away the questions immediately.

Dressed in a gold-coloured jacket, he executed a note-perfect drum solo as he rode across the field on a raised platform. Once on stage, he delivered hits like Locked Out of Heaven and Treasure with a machismo that made it clear he wasn't lip-syncing.

Earlier in the evening, rapper and singer Queen Latifah and the opera star Renée Fleming proved the perfect choices to sing America the Beautiful and The Star-Spangled Banner. Both women are accomplished performers and handled the pitfall-ridden material with relative ease in stirring performances that brought cheers from the crowd.

"Have you ever heard it sung any better?," play-by-play announcer Joe Buck said as fans cheered wildly after Fleming's two-minute rendition of the national anthem.

Her performance included the Armed Forces Chorus, video shots of soldiers in Afghanistan, fireworks, a giant American flag and several shots of Denver Broncos quarterback Peyton Manning scowling, already in game-face mode.

Fans cheered wildly after the soprano, dressed in a Vera Wang-designed black gown with white sash, hit a long final high note with practised ease.

Latifah, dressed sedately in a knee-length blue parka and a white turtleneck, shared her performance equally with the New Jersey Youth Chorus, often swirling her voice together with the singers rather than taking a more forceful lead role. The effect was lovely.

She finished her performance with a small fist pump.

After walking off the field, Fleming said she hadn't felt nervous. "I do most of my nervous stuff in advance so when I actually get there I can enjoy it ... and it was certainly true this time," she said. "I feel so thrilled and honoured to be out there. I loved every second." THE ASSOCIATED PRESS

Oh, Joe!

Despite it being a balmy 8 C in East Rutherford on Sunday night, NFL legend Joe Namath symbolically flipped the bird at PETA and donned a fur coat for his role as pre-game coin tosser. The cloak was ostensibly an homage to his style during his days as the New York Jets' star quarterback in the 1960s, when he'd think nothing of throwing on some animal skins to keep warm on the sidelines.

J.K. Rowling ALL PHOTOS GETTY IMAGES

Rowling admits not every little thing she does is magic — like Ron & Hermione

Harry Potter author J.K. Rowling is having second thoughts about having ended the series with heroine Hermione Granger paired up romantically with Ron Weasley.

The hugely successful author tells Wonderland magazine she chose the red-haired Ron for Hermione for very personal reasons.

She told the magazine she "wrote the Hermione-Ron relationship as a form of wish fulfilment" and said the couple might eventually need relationship counselling.

The soon-to-be published interview was reported in The Sunday Times, which also quoted actress Emma Watson, who played Hermione, expressing doubts about the viability of her character's relationship with Ron.

She told the newspaper that many fans doubt Ron can make Hermione happy over time.

Many fans had hoped Harry and Hermione would become a couple. THE ASSOCIATED PRESS

Justin Bieber

One super bowl too many? Biebs held before big game as jet searched for pot

Justin Bieber just can't catch a break. The beleaguered singer arrived at New Jersey's Teterboro airport for the Super Bowl in a private jet that reportedly reeked of marijuana, prompting authorities to place him in federal custody for hours while the aircraft was searched, according to Page Six. Bieber was travelling with his father, Jeremy, and about 10 other friends. While drug-sniffing dogs reportedly identified two pieces of luggage as containing marijuana, nothing was found and Bieber and his entourage were allowed to leave. Sources say the jet's pilot may have tipped off police about pot smoking on board before landing.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Jackman to drop anchor in Jack Sparrow's lagoon

STARGAZING
Malene Arpe
scene@metronews.ca

Hugh Jackman will be playing Blackbeard in the upcoming Peter Pan movie. I think I speak for all of us when I say, "Captain Jack Sparrow who?"

Kate Gosselin's sister says that the two siblings haven't spoken a word to each other in six years. Then she continued skipping down the street, throwing confetti and handing out puppies.

After a year and a half Heidi Klum breaks up with her bodyguard boyfriend. But shee-eee-eee-eee-eee will always love him.

While testifying at the British phone-hacking trial, Jude Law finds out that a close relative sold private information about Jude to the News of the World. "I may have a useful tip for you," says Kate Gosselin's sister.

Rovio, the maker of Angry Birds, wants to make it completely clear they "do not collaborate with spy agencies." They will, however, admit to turning previously well-functioning adults into empty shells that can only be filled by the laughter of evil pigs and thus are completely vulnerable to oppression by the agents of totalitarian governments.

This week in What Event was Worse? The Pope's lovely peace doves getting viciously attacked by a seagull and a crow or Jamie Foxx introducing his daughter by saying, "this is my seed?"

Lorde

She is 17 going on 45: Lorde cracks wise as age conspiracy debunked

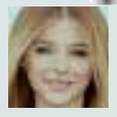
With the success that 17-year-old singer Lorde has achieved, it's easy to believe conspiracy theorists when they claim she's lying about her age. In fact, rumours to that effect reached a fever pitch after her recent Grammy victory, so website the Hairpin went ahead and published her full New Zealand birth certificate, which proves that Lorde — real name Ella Maria Lani Yelich-O'Connor — was born Nov. 7, 1996. Of course, some conspiracy theorists still aren't convinced. Lorde herself is taking it in stride, joking to Vanity Fair recently, "Hi, I'm Ella, and I'm actually 45."

Owen Wilson

It's another boy for serial baby daddy Owen Wilson

Owen Wilson is a dad once again, welcoming a baby boy with ex-girlfriend and former personal trainer Caroline Lindqvist, the actor's rep confirms to People magazine. "They are not living together, but Owen is involved (in the pregnancy)," a source said prior to the baby's birth. "He comes to doctor's appointments and makes sure Caroline is doing well." Wilson also has a three-year-old son with ex Jade Duell.

Twitter



@ChloeGMoretz
I've come to the conclusion that Sarah Jessica Parker is the best at faking surprised

@Sethrogen
I just rode my bike past a transvestite who smelled like the most delicious garlic marinara sauce.

@ElizabethHurley
Do you think the male species may be at its best between the ages of 8-13?

You could WIN a trip to NYC to attend the WORLD PREMIERE of

PRIZE INCLUDES:

- Roundtrip airfare for two
- Two nights stay in a luxurious hotel
- Two tickets to the World Premiere on February 11th

You could also WIN tickets to see the movie!

VISIT clubmetro.com TO ENTER

No purchase necessary. Contest open to residents of Canada excluding Quebec, who have reached the age of majority (18) or older. Odds of winner depends on the number of eligible entries received. There is one (1) grand prize to be won across Canada, consisting of a trip for two (2) to the world premiere in New York, NY. There are ten (10) secondary prizes to be won in each market, consisting of a pass for two to see "Winter's Tale". Skill testing question required. Contest closes February 3, 2014 at 11:59pm. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com.

LIFE 3

Why your budget was a bust from the beginning

It was a good effort but... Keep these five money-management mistakes in mind when drawing up your next dollar tracker

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People are always willing to volunteer their wisdom about budgets to me. I'm a budget discussion magnet, it seems. And nine times out of 10, people want to tell me why budgets don't work. I agree. Most people's budgets don't work for a few basic reasons. Here's my top five list:

Budgeting isn't just about tracking your costs, it's about making sure you're spending your hard-earned money the way you want to. ISTOCK

Inaccurate income projections
I can't believe the number of people who don't know how much money they make. How can you have a hope in hell of having a budget that works if you don't know how much money you bring home?

I know there are a variety of pay periods: monthly, semi-monthly, bi-weekly and weekly. But all you have to do is look at how much is coming into your accounts to know how much you actually make.

If it varies from one month to the next, then use the lowest income you have as your basic income, and use whatever extra you earn to fund stuff like home maintenance, vacations, gifts and the like.

Not enough categories
Most people generalize their budgets too much to get an accurate picture of where their money is going. I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?

You have to have enough categories in your budget to give you a real sense of where the money goes and where you may be able to cut costs. Careful now: too many categories and you'll make your budget such a chore that you'll toss it in no time at all. Another problem that goes hand in hand with this one is:

Failure to include expenses
Not all expenses come in every month. Insurance bills can come annually.

Property taxes can come quarterly. Service contracts, dental bills, birthday presents, health-club renewals… there are lots of things that pop up only once or four times a year. If you don't include them in your budget, you won't have the money at the ready when the bill comes in.

Cash
People spend cash without keeping track of where it's going and that throws their budgets out of whack. Some people use bank machines like a wallet, pulling $20 here and $40 there as needed.

Careless categorization

I swear if I see one more budget with "spending money" I'll spit. It's all spending money. What are you spending it on?
Gail Vaz-Oxlade

The problem with this approach is that money flows away without any record of where it's gone. And if you know you have a bill coming due in a couple of days, but your partner doesn't, and he goes into the account for cash, then you won't have the money available to pay the bill.

No plan to save
People seldom put a "savings" line on their budget. Despite how well known the Pay Yourself First idea is, people still don't do it.

They wait to see how much they have left to save. And it's usually ZERO, zip, zilch! If you're serious about savings, it has to be a line item on your budget. You have to identify a specific amount you're going to save both for long-term savings and for emergencies, and you need an auto-deduction to a savings account to MAKE IT HAPPEN.

Budgets are a great tool provided you use them the right way. You need to have spending categories that fit your personal situation, your spending habits, and your income.

Don't look to anyone else's completed budget as a guide, except perhaps for a list of categories you may not have thought of. Make sure you review your spending patterns to see if there are areas where you're overspending.

There may even be things you're spending money on of which you weren't even aware.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

Choose organization over obliteration

Inbox overload? How to avoid declaring email bankruptcy

Whether it's steady trickle of daily emails or the hundreds of messages streaming in during your vacation, hitting the reset button on your inbox may seem like the easiest way to cope with the digital deluge.

In a recent New York Times article, columnist Nick Bilton wrote of his decision to delete all of his 46,315 unread emails, starting the new year with an empty inbox.

"I think it stems from this ability to have access to technology anywhere and anytime," said Jui Ramaprasad, assistant professor, information systems at McGill University's Desautels Faculty of Management.

"All of these companies we interact with have mobile applications or have social media handles they want you to follow them on. And you just do it one at a time and all of a sudden, it ends up with complete information overload."

Yet while declaring email bankruptcy may offer momentary respite from the flurry of messages, there's little to stem the inevitable tide of new ones filtering in.

"By purging everything, they're just going to get in this continuous loop of overwhelm, and it will never go away unless they change their approach and outlook of how they deal with email," says Ottawa-based productivity consultant Valeri Hall Little of Intandem Business Efficiency.

THE CANADIAN PRESS

You've got mail!

Rather than responding to the urge to hit delete all, experts suggest finding more efficient ways to manage the influx.

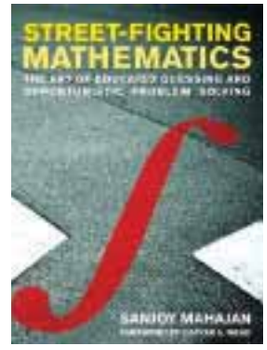
- Christina Cavanagh, author of Managing Your E-mail: Thinking Outside the Inbox, said the inbox should be treated as a central control to assess which emails can be dealt with in a few minutes and which others can be filed for handling later.
- Valeri Hall Little of Intandem Business Efficiency said individuals should change their mindset about managing their inbox to "processing" rather than checking emails. She coaches clients to create three processing folders: action (for tasks that require more than two minutes); reading (for newsletters); and pending (messages that require a response.)

Dr. Mahajan said knock you out: You gotta fight, in your plight, to learn math

Hit the books. Math professor teaches students to apply the 'ninja method' to intimidating equations

VICKI SALEMI
Metro World News

Who hasn't experienced the desire to deck their long-division homework? ISTOCK



Street fighting and self-defence require quick thinking and an ability to "shoot first and ask questions later." These ninja skills also apply to students in Dr. Sanjoy Mahajan's class based on his book, Street-Fighting Mathematics.

For his class, available at MIT and to students participating in the Massive Open Online Courses program who have basic physics and algebra comprehension, Mahajan says he doesn't want his students to "wait for the perfect kick to come" — he encourages them to just go for it.

The lessons seek to rid students of math anxieties by emphasizing the art of problem-solving without doing an exact, lengthy calculation.

"They think, 'If I don't get this one right answer, I have nothing,'" he says. The answer itself isn't the end-all, be-all though. That's because in his class, a grade is not based on correct or incorrect answers; instead, it's all about whether they've made a decent effort to find the answer.

By showing students an equation as they stare at various symbols in fear, he tells them not to worry, since the answer will be found differently from how they expect it to be anyhow.

"The paranoia will freeze them up and just like in a street fight, they'll get slaughtered." In order to become liberated, he focuses on action in doing something reasonable and reacting without over-thinking a solution — in other words, estimating.

The class challenges the idea that math is supposed to be exact, as students toss away the notion of perfection and right and wrong. To drive home the ninja math technique, he often uses Navier-Stokes equations, considered some of the most complex math equations out there. He says it literally takes years to solve these problems, but "to hell with that, that's not a street-fighting approach." With a long, arduous approach, he says problems will not be solved and suggests the street-fighting approach as a way to make progress.

Students inevitably apply the ninja method to other classes as well, Mahajan points out. Approximating helps them simplify, he explains: "When the going gets tough, lower your standards."

Math-o-phobia

"The paranoia will freeze them up and just like in a street fight, they'll get slaughtered."
Dr. Sanjoy Mahajan

Mahajan used the technique to learn German, for example. The language has endings with seven different forms of the word "the." Instead of figuring out the proper word endings, the professor went with the most common one.

"I was willing to approximate and not get 'paralysis by analysis,'" he says. Coupled with approximating by slurring the ends of words, locals understood Mahajan based on what their ear was trained to hear.

It turns out that the street fighting technique works in German too.

'Round the world wisdom

Train your attitude before taking on any challenge

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

When facing a challenge, we typically dedicate the majority of our time to acquiring a new skill, rather than training our attitude so that the new skill can flourish.

When I signed up for the multi-stage ultra-marathon in the Gobi, the best advice I received was that it wasn't a marathon and that "the race was 50 per cent mental attitude, 50 per cent physical aptitude." That simple statement would drive everything I did. Yes, I had to learn to run half the distance. But I would need to rely on my mind for the other half. How should I train my attitude?

I decided to run only when I didn't want to.

I ran at midnight, when I wanted to go to bed, after a meal when I felt full, outdoor preferably during storms and blizzards, when I was ill, or when my little voice inside said, "I'm tired." And when there was beautiful sunshine outside with perfect running conditions, I went to the gym and did strength training inside instead.

Ultimately, my training would add up to less distance than most competitors who ran the Gobi. But every time I set foot outside to run, I also received the compound upshot of slowly building the mental attitude and immunity required to deal with the adverse conditions the desert would unleash.

Routinely pushing yourself to take the rockier road will make life's regular humps seem so much smoother. ISTOCK

When taking on something new, consider that for the new skills or habits to stick, an attitude adjustment should be your first step.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Moroccan tastes meet super food in pilaf

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This Moroccan-flavoured dish resembles the flavours of the North African delicacy, tagine. A tagine is a delicious dish that is braised in a small amount of liquid with vegetables, dried fruit, olives and Mediterranean spices. If you own a tagine, the authentic cooking vessel, you can bake this dish at 350 F.

This is a delicious one-pot dish that I serve for the family or when I'm entertaining.

You can always use boneless chicken breasts or chicken on the bone but it will take longer to cook.

Traditionally, you would serve this dish over couscous, but I have selected the healthier grain, quinoa.

To make perfect quinoa, just combine 1 1/2 cups of stock or water with 1 cup of quinoa, bring to a boil, cover and simmer on the lowest heat for 15 minutes just until the liquid is absorbed and the quinoa just tender. (Make the quinoa while the chicken mixture is simmering.)

To toast the nuts, just heat them in a hot skillet on medium-high heat for about 3 minutes or just until toasted. You can make a batch up in advance and keep stored in an airtight container.

This dish is also great as leftovers. Heat gently in a microwave or toasted oven at 300 F.

Nutritional information

Per serving: 419 calories; 70 g carbohydrates; 9 g fibre; 15.5 g protein; 9.6 g total fat; 1.8 g saturated fat; 11 mg cholesterol; 350 mg sodium

Ingredients

- 2 lb boneless skinless chicken thighs, diced
- 1/4 cup all purpose flour
- 2 tsp vegetable oil
- 1 1/2 cup chopped onion
- 2 tsp minced garlic
- 1 cup diced carrot
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- Pinch nutmeg
- Pinch cayenne
- Pinch salt and pepper
- 1 1/2 cup chicken stock
- 1 cup drained and rinsed chickpeas
- 1/2 cup chopped green olives
- 3/4 cup diced dried apricots
- 3/4 cup diced dried dates
- 3 cups cooked quinoa
- 1/4 cup chopped cilantro
- 1/3 cup toasted sliced almonds

This recipe serves six. ROSE REISMAN

Directions

1. Combine the chicken and flour. In a large non stick skillet, add vegetable oil and sauté chicken just until browned and half way cooked about 2 minutes. Set aside. Wipe out skillet and spray with vegetable oil.

2. Sauté onion, garlic, carrots, ginger, cinnamon, nutmeg, cayenne and salt and pepper for 5 minutes. Add stock, chickpeas, chicken, olives, and dried fruit and simmer covered for 15 minutes, stirring occasionally. Add more stock if needed.

3. Serve the dish over cooked quinoa and garnish with cilantro and toasted almonds.

Side dish on a (phyllo) roll

This Broccoli Carrot Phyllo Strudel recipe serves six. ROSE REISMAN

1. Preheat the oven to 400 F. Spray a baking sheet with cooking oil.

2. Spray a large nonstick pan with cooking oil and heat the vegetable oil over medium heat.

3. Cook the garlic, onion, broccoli and carrots for 10 minutes or until tender-crisp, stirring occasionally. Remove from the heat and stir in the dill, egg, breadcrumbs, cheese and salt and pepper.

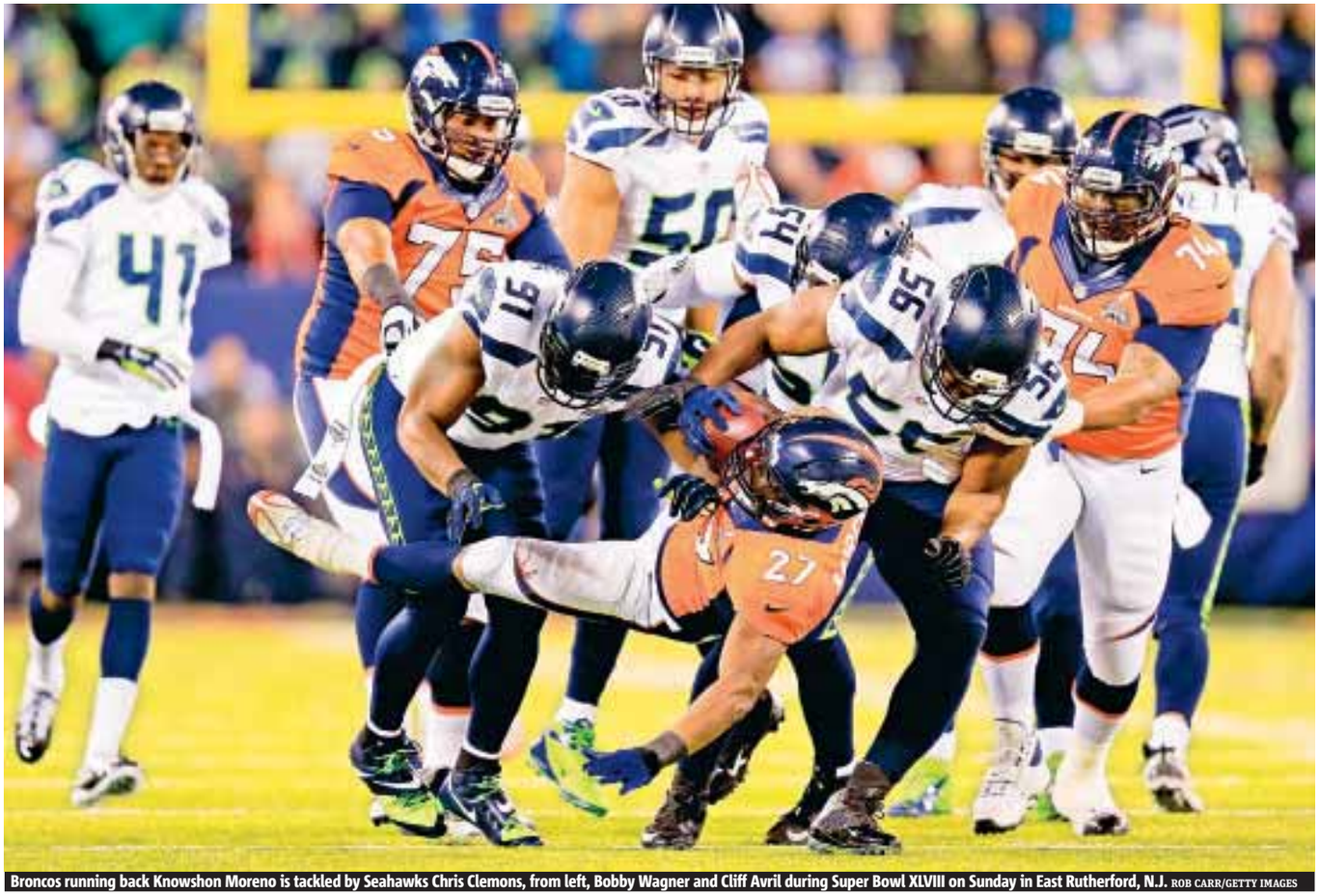
4. Lay one sheet of phyllo on your work surface, with the long side facing you, and spray with cooking oil. Repeat with the remaining phyllo sheets, but do not spray the last sheet. Spread the vegetable mixture over the surface, leaving a 1-inch (2.5 cm) border on all sides.

5. Roll up tightly, jelly roll-fashion, and tuck the ends under. Spray with cooking oil. Place on the prepared baking sheet and bake for 20 minutes or until golden brown.

ROSE REISMAN

Ingredients

- 2 tsp vegetable oil
- 1 1/2 tsp minced fresh garlic
- 1 1/2 cups chopped onion
- 3 cups finely chopped broccoli
- 2 cups finely chopped carrots
- 1/3 cup chopped fresh dill
- 1 egg
- 1/4 cup seasoned dry bread crumbs
- 2/3 cups of shredded Swiss cheese (2 oz/60 g)
- pinch of salt and ground black pepper
- 6 sheets of phyllo pastry



Broncos running back Knowshon Moreno is tackled by Seahawks Chris Clemons, from left, Bobby Wagner and Cliff Avril during Super Bowl XLVIII on Sunday in East Rutherford, N.J. ROB CARR/GETTY IMAGES

Bowl-dozer

Seahawks win.
Manning's Broncos overwhelmed by Seattle's defence from start to finish

The Seattle Seahawks' mantra all season was to make each day a championship day.

They made Super Bowl Sunday the best day of all with one of the greatest performances in an NFL title game — sparked by a defence that ranks among the best ever.

The Seahawks won their first Super Bowl crown in overpowering fashion, punishing Peyton Manning and the Denver Broncos 43-8. That masterful defence, the NFL's stingiest, never let the five-time MVP get going, disarming the highest-scoring offence in league history.

Seattle (16-3) was too quick, too physical and just too good for Denver, and that was true in all areas. What was hyped as a classic matchup between an unstoppable offence and a miserly defence turned into a rout.

"We've been relentless all season," quarterback Russell Wilson said. "Having that mentality of having a championship day every day. At the end of the day, you want to play your best football and that is what we did today."

Punctuating Seattle's dominance were a 69-yard interception return touchdown by linebacker Malcolm Smith to make it 22-0, and Percy Harvin's sensational 87-yard kickoff runback to open the second half.

When the Seahawks, up by 29 points, forced a Denver punt early in the third quarter, the 12th Man — and there were legions of them in MetLife Stadium — began chanting "L-O-B, L-O-B."

As in Legion of Boom, the Seahawks hard-hitting secondary, part of a young team with an average age of 26 years, 138 days.

"This is an amazing team. Took us four years to get to this point but they never have taken a step sideways," coach Pete Carroll said. "These guys would not take anything but winning this ball game."

The loss by the Broncos again raised questions about Manning's ability to win the biggest games. He is 11-12 in the post-season, 1-2 in Super Bowls.

"Certainly to finish this way is very disappointing," he said.

He never looked comfortable against a defence some will begin comparing to the 1985 Bears and 2000 Ravens — other NFL champions who had runaway Super Bowl victories.

Seattle forced four turnovers; Denver had 26 all season.

Wilson, who has an NFL-record 28 wins in his first two pro seasons, including playoffs, had a 23-yard TD pass to Jermaine Kearse late in the third quarter to make it 36-0.

Wilson also hit Doug Baldwin for a 10-yard score in the final period.

For the fifth time in six meetings between the NFL's No. 1 offence and defence, the D dominated.

THE ASSOCIATED PRESS

Super Bowl

43	8
Seahawks	Broncos

- The Seahawks' Malcolm Smith earned Super Bowl MVP honours.
- Smith is only the third linebacker in Super Bowl history to earn the award, joining Ray Lewis of Baltimore in 2001, and Chuck Howley of Dallas in 1971.

Opening snap

Safety first but not planned by Broncos

All those records, all for naught.

Peyton Manning couldn't cap the greatest season any NFL quarterback ever had or secure his legacy as the best QB in history because his Denver Broncos came down with a case of the yips Sunday night.

They fell behind right from the start and never recovered.

The bumbling Broncos trailed before Manning ever got his hands on the ball because Manny Ramirez's bad snap went for a safety 12 seconds into the game.

It only got worse as the Seahawks scored the game's first 36 points.

THE ASSOCIATED PRESS

A snap sails past Peyton Manning for a safety. GETTY IMAGES

Sisters, from left, Maxime, Chloe and Justine Dufour-Lapointe pose for a photo after being introduced as members of Canada's Olympic freestyle skiing team on Jan. 20 in Montreal. Skiing has always been a family affair in the Dufour-Lapointe household. PAUL CHIASSON/THE CANADIAN PRESS

Sister skiers take bumps together

Freestyle skiing. Dufour-Lapointe trio look to make podium in moguls at Olympics

Skiing has always been a family affair in the Dufour-Lapointe household.

For Johanne Dufour and Yves Lapointe, it was a way to spend quality time in the winter with their three daughters.

But they never thought that one day it would take Maxime, Chloe and Justine Dufour-Lapointe to the Olympic Games.

All three freestyle skiing sisters will be in Sochi, Russia, to compete in moguls, the mad dash over the bumps with two intricate jumps thrown in.

It was the eldest, Maxime, who got them started in freestyle when she was 12 and went to see a friend in a moguls competition. Right away, she wanted to try it and it wasn't long before her talent began to show and she was entering races as well.

Her sisters were eager to try it, too.

But if 24-year-old Maxime opened the door for her sisters, it took her the longest to reach her full potential.

"I had some tough moments," said Maxime, now considered among the world's best in landing her jumps. "As an athlete, it's normal to have some self-doubt.

"I'm an analytical person and I like to figure things out. Now I understand moguls. It took me more time, but the important thing is to get there."

While they are competitors on the slopes, the sisters remain a close-knit group.

"We see having all three of us competing in the same discipline as an advantage," said 22-year-old Chloe, currently second in World Cup standings behind American Hannah Kearney. "We're sisters and we see it as normal to compete together."

Maxime agrees.

"Having them there gives me feelings of security and comfort," she said. "I know they won't be afraid to be honest with me.

"We aren't afraid to call each other out if we have to. It makes me a better athlete and it's the same for them. It's a constant learning process."

Of the three sisters, only Chloe has Olympic experience. She managed to qualify for the 2010 Winter Games in Vancouver, exceeding expectations by finishing fifth.

THE CANADIAN PRESS

Podium-proven performers

Justine, 19, goes into Sochi having won bronze at last year's world championships. She had five podium finishes in six races on the World Cup tour this season, including two victories.

- Chloe has been on a World Cup podium three times, while Maxime picked up her first career podium at Deer Valley this season.

"We're going to put on a show that Canadians will remember for a long time."

Justine Dufour-Lapointe says she and her sisters will be noticed in Sochi.

Sports in pictures

1 Curling. Homan serves notice she's ready to defend title

Rachel Homan and Team Canada grabbed the early lead and held it on for a 9-6 win in nine ends over Quebec's Allison Ross on Sunday at the Scotties. The defending champions are the lone team yet to lose a match at 3-0.

THE CANADIAN PRESS

2 Golf. Stadler earns first career PGA tour title

Kevin Stadler won the Phoenix Open on Sunday for his first PGA Tour title when playing partner Bubba Watson missed a five-footer for par on the final hole. Watson and Canadian Graham DeLaet finished one stroke back.

THE ASSOCIATED PRESS

3 NHL. Frolik and Enstrom boost Jets past Habs

Michael Frolik and Tobias Enstrom scored to give the Winnipeg Jets a 2-1 victory over the Montreal Canadiens on Sunday afternoon. Al Montoya stopped 30 shots, giving up the Habs' lone goal to Brian Gionta.

THE CANADIAN PRESS

4 NHL. Ward rejoining Hurricanes after conditioning stint in AHL

The Carolina Hurricanes have recalled goalie Cam Ward from his brief conditioning stint in the minor leagues. The team announced the move Sunday. The 2006 Conn Smythe Trophy winner missed Carolina's last 14 games with an unspecified lower-body injury and began his conditioning stint Friday. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
The cosmos will give your confidence a boost this week and make all things seem possible. Don't listen to those who say you should be cautious. If you can think of something, you should get on and do it.

♉ Taurus
April 21 - May 21
If you were planning something spectacular for the next few days it might pay you to think again, especially if there is money involved. The planets indicate there is no need to rush things.

♊ Gemini
May 22 - June 21
You will have to deal with a challenge to your authority that could be quite serious. Don't try to put it off, because the longer you leave it the more serious it will get. Make sure everyone knows who is the boss.

♋ Cancer
June 22 - July 23
It may seem as if you are being swept along by forces over which you have no control, but is it true? Maybe you are taking too negative a view of your ability to influence events.

♌ Leo
July 24 - Aug. 23
You won't have to make much effort to get what you desire over the next few days. Your powers of persuasion have rarely been higher and if you ask for something, you will get it with no questions asked.

♍ Virgo
Aug. 24 - Sept. 23
If you try to get out of something you have already agreed to today, you won't be very popular. That may not worry you much now but it could have repercussions later.

♎ Libra
Sept. 24 - Oct. 23
You may have to cuts corners to get things done over the next 24 hours but it will be worth it. It will save you time, much of which will be taken up trying to explain to others what you are doing and why.

♏ Scorpio
Oct. 24 - Nov. 22
Take care that in your hurry to impress important people you don't overestimate your abilities and take on too much. You may not like to say "no" but they won't be impressed if you fail to deliver.

♐ Sagittarius
Nov. 23 - Dec. 21
You can turn dreams into realities this week. All you have to do is be yourself and believe in yourself. The latter is important as various people will try to convince you that you don't stand a chance.

♑ Capricorn
Dec. 22 - Jan. 20
The most important thing this week is that you don't let others tell you what you ought to believe. No matter how loud the so-called "experts" may be, you must trust what your inner voice tells you — always.

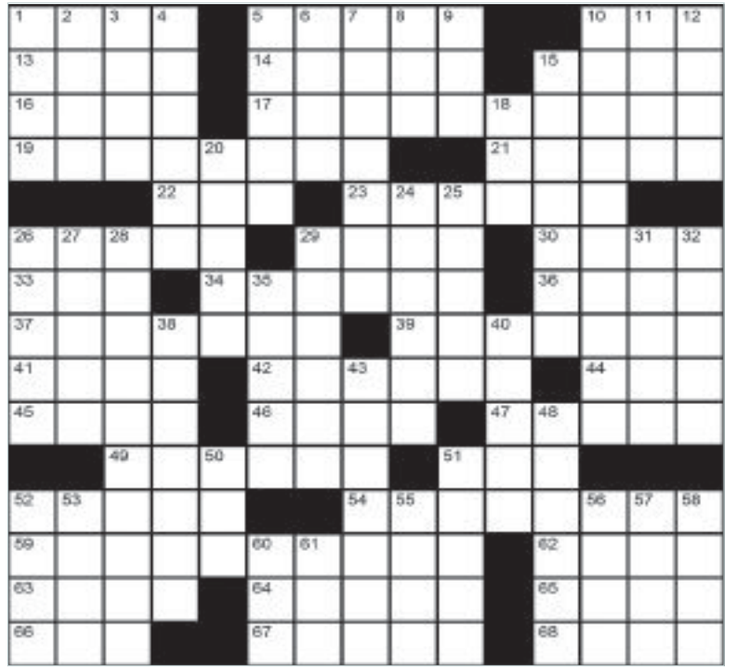
♒ Aquarius
Jan. 21 - Feb. 19
This is not a good time to be too adventurous financially. With Mercury about to begin one of its retrograde phases, you could lose big if you get carried away.

♓ Pisces
Feb. 20 - March 20
Make sure you can see how other people's decisions might affect your own aims and ambitions. On the work front especially, take nothing for granted. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

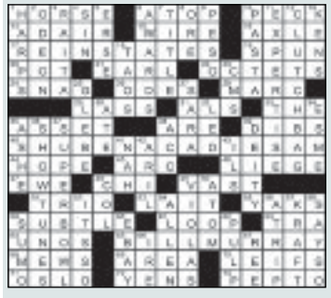
BY KELLY ANN BUCHANAN



Across
1. Brother of singer Brandy, __ _
5. Attempt or fetch: 2 wds.
10. Exchange rings
13. True: French
14. Jim Croce's "I Got _ __"
15. Swell
16. Word's history [abbr.]
17. Evangeline's poet
19. Soak with the sponge some more
21. How some are in love
22. Facing [abbr.]
23. Salad ingredient
26. Married man, fun-style
29. 1997 Peter Fonda title role
30. "__ la Douce" (1963)
33. Give __ _ try
34. Tirade talker
36. Years: Spanish
37. Ms. Harris of "Love It or List It Vancouver"
39. Net-using fishermen
41. Alan of "M*A*S*H"
42. Actor Kevin, and surnamesakes
44. Compass dir.
45. "It's __ real!"
46. Good: French
47. Beginning
49. Remember
51. Stir
52. __ recording
54. Standard Time: Scottish-born Canadian, Sir __ Fleming (b.1827 - d.1915)
59. Justin Bieber's 'contest of speed' in Miami: 2 wds.
62. Opera tune
63. Stage setting, __-en-scene
64. Path to travel on
65. George Harrison's "__ It a Pity"
66. Educ. institution
67. "Vogue" dancer
68. Didn't walk there

Down
1. Winnebago owner, informally
2. Mr. Johnson
3. "Divine Secrets of the __-__ Sisterhood" (2002)
4. "The Waltons" son
5. Lively dance
6. Due __ __ before... (Submission info)
7. Engine-of-a-car part
8. Texter's "Egads!"
9. Black-and-white jersey wearer
10. Canadian band, The __ of Manitoba
11. Organic compound
12. Like Mother Nature's morning coat
15. Rome attraction, __ Amphitheatre
18. Record co.
20. Heidi author, Johanna __ (b.1827 - d.1901)
24. Filmdom's Liam
25. Filmmaker, Maya __
26. Type of headscarf
27. Serviceable
28. Canadian-invented bluffing/trivia game
29. Remove the painting's holder-upper
31. Certain code
32. Holding
35. Limerick's rhyming pattern
38. 'The snow' in Quebec: 2 wds.
40. Has peculiar-ness: 2 wds.
43. Canuck temperature measure
48. "That's against the rules!": 2 wds.
50. __ anglais (English horn)
51. Wrath
52. Nav. ranks
53. Type of acid
55. AM part
56. Roughly: 2 wds.
57. Peel
58. Agenda info
60. Dadaist Jean
61. Murmur

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	2	6	5	7	8	4	1	9
4	1	8	3	9	6	5	7	2
9	5	7	2	4	1	8	3	6
6	4	5	8	2	7	1	9	3
1	9	2	6	3	4	7	5	8
8	7	3	9	1	5	2	6	4
5	8	9	7	6	2	3	4	1
7	3	1	4	8	9	6	2	5
2	6	4	1	5	3	9	8	7

Today
-17°/-31°
Variable

Tuesday
-23°/-28°
Partly cloudy

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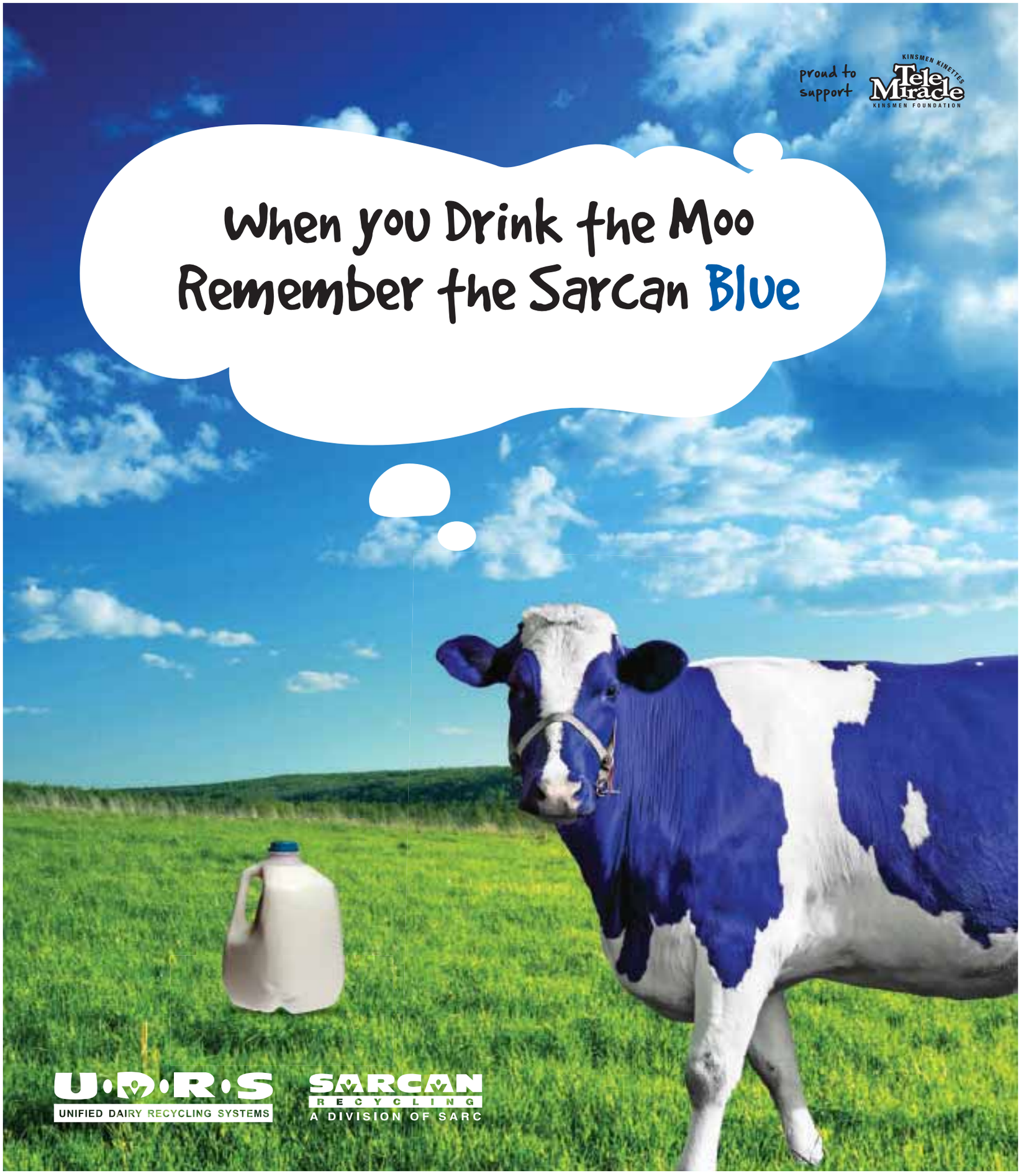
10% TUESDAY
(for the month of February)
Blinds in by Tuesday and ready by the weekend.
Recieve 10% off cleaning*
*Does not include Pickup/Delivery,Take-Down/Reinstall
We repair blinds and carry a variety of parts and cording
Urban Shade & Shutter
306-565-1869
1920A Francis Street
Regina, Sk, S4N 6B3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